



Recipe Name: Smothered Chicken

File No:

Recipe Adapted From:



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Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 cup	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure
Chicken, Fajita Strips, Ckd, Frzn, USDA #100117	21 1/3 lbs	
Garlic Powder		2 1/2 tsp
Onion Powder		2 1/2 tsp
Pepper, Cayenne		2 1/2 tsp
Paprika		2 1/2 tsp
Salt		2 1/2 tsp
Peppers, Bell, Green, Sliced	4 lbs	
Peppers, Bell, Red, Sliced	4 lbs	
Peppers, Bell, Yellow, Sliced	4 lbs	
Onions, Raw, Sliced	4 lbs	
Mushrooms, White, Raw, Sliced	4 lbs	
Gravy, Chicken, Powder	2 package	Per package
Water		

Procedure
1. Preheat oven to 325°F. 2. Spray enough sheet pans to place all of the frozen chicken strips in a single layer onto pan sheet pans. 3. Mix seasonings (garlic powder, onion powder, cayenne pepper, and salt) in a bowl. Sprinkle evenly over the chicken strips. 4. Bake chicken in preheated oven until internal temperatures reaches 165°F. 5. Transfer cooked chicken to steam table pans, cover and keep warm. 6. Make gravy per package directions. Place sliced vegetables on top of chicken, pour cooked gravy over all. 7. Tightly cover pans and return to ovens and bake until internal temperature of 165°F for at least 15 seconds is reached. CCP: Hot hold for service at 135°F or higher.

Meal Component Contribution		
Meat/Meat Alternate: 2 oz eq		
Vegetable Subgroups		
DG	RO	BPL
	1/8 C	
S	O	A
	1/8 C	
Fruit:		
Grains:		
Based on USDA Food Buying Guide-RAW		

Total Yield
Weight:
Number of Pans:
Pan Size:
Volume:
Nutrition Analysis Based on Portion Size
Calories: 150 kcal
Saturated Fat (g): 2.09 g
Sodium (mg): 763.98 mg
Calculated using NutriKids

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional